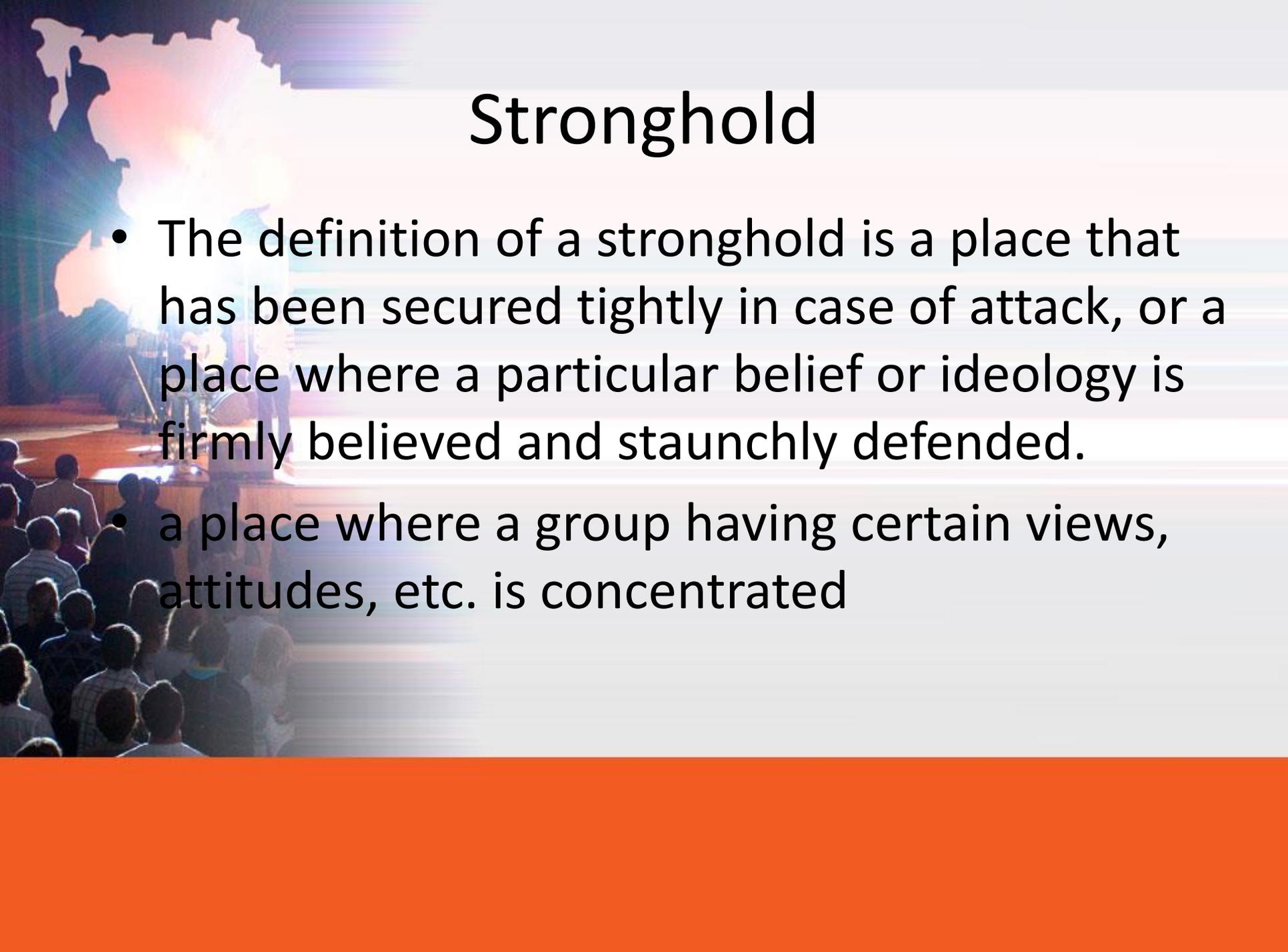
A photograph of a church service. In the foreground, the backs of several people's heads are visible as they sit in a congregation. In the middle ground, a band is performing on a stage. A person in a white shirt is standing and playing a guitar. To the left, a person is playing a drum set. The stage is lit with bright, warm lights, creating a hazy atmosphere. The background features a large, dark silhouette of a person, possibly a religious figure, against a bright light source. The overall scene is a religious gathering.

# Renewing the mind 2: The relationship between the Spiritual and the physical

Werner Joubert

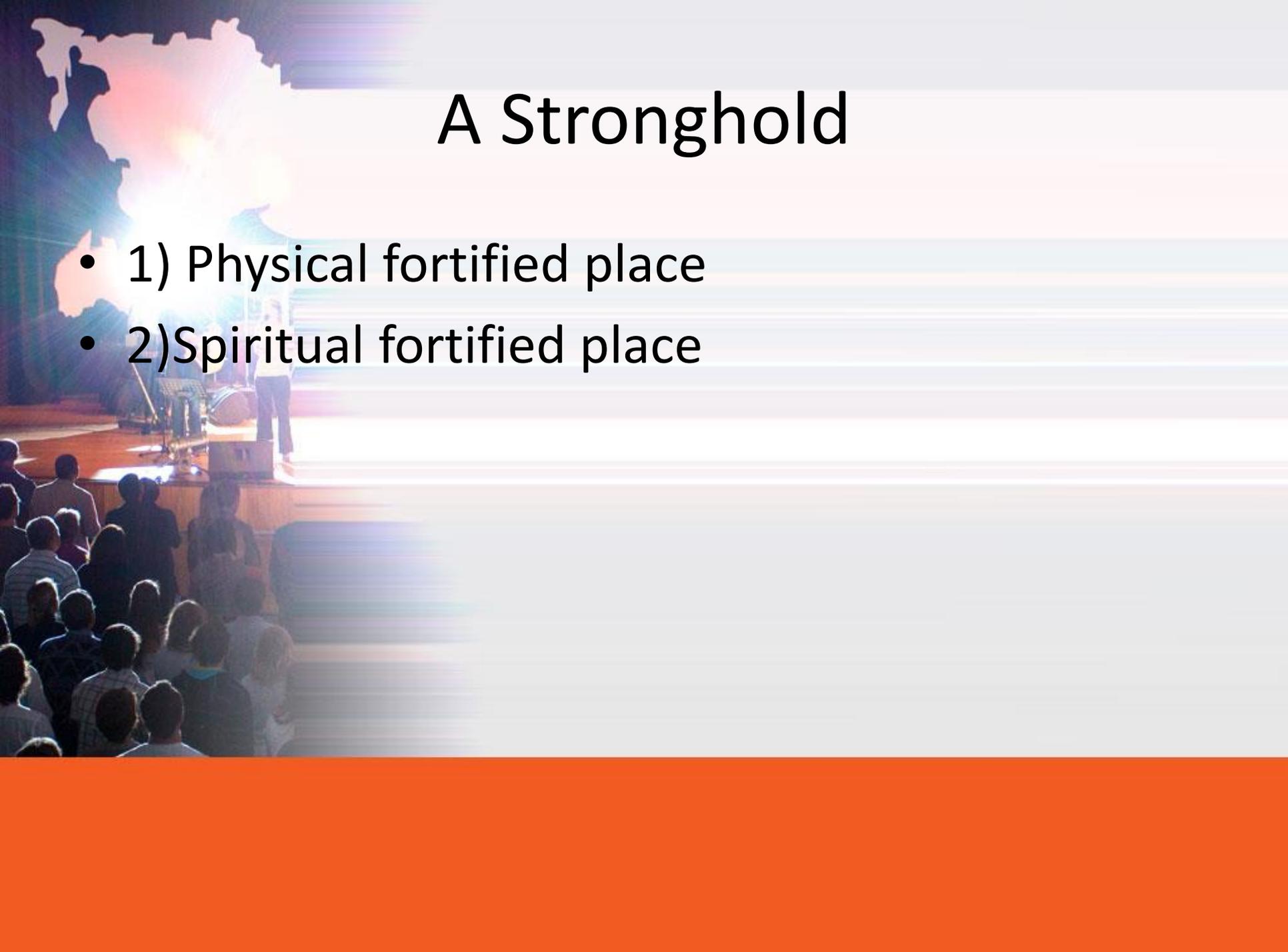


# Stronghold

- The definition of a stronghold is a place that has been secured tightly in case of attack, or a place where a particular belief or ideology is firmly believed and staunchly defended.
- a place where a group having certain views, attitudes, etc. is concentrated

# A Stronghold

- 1) Physical fortified place
- 2) Spiritual fortified place



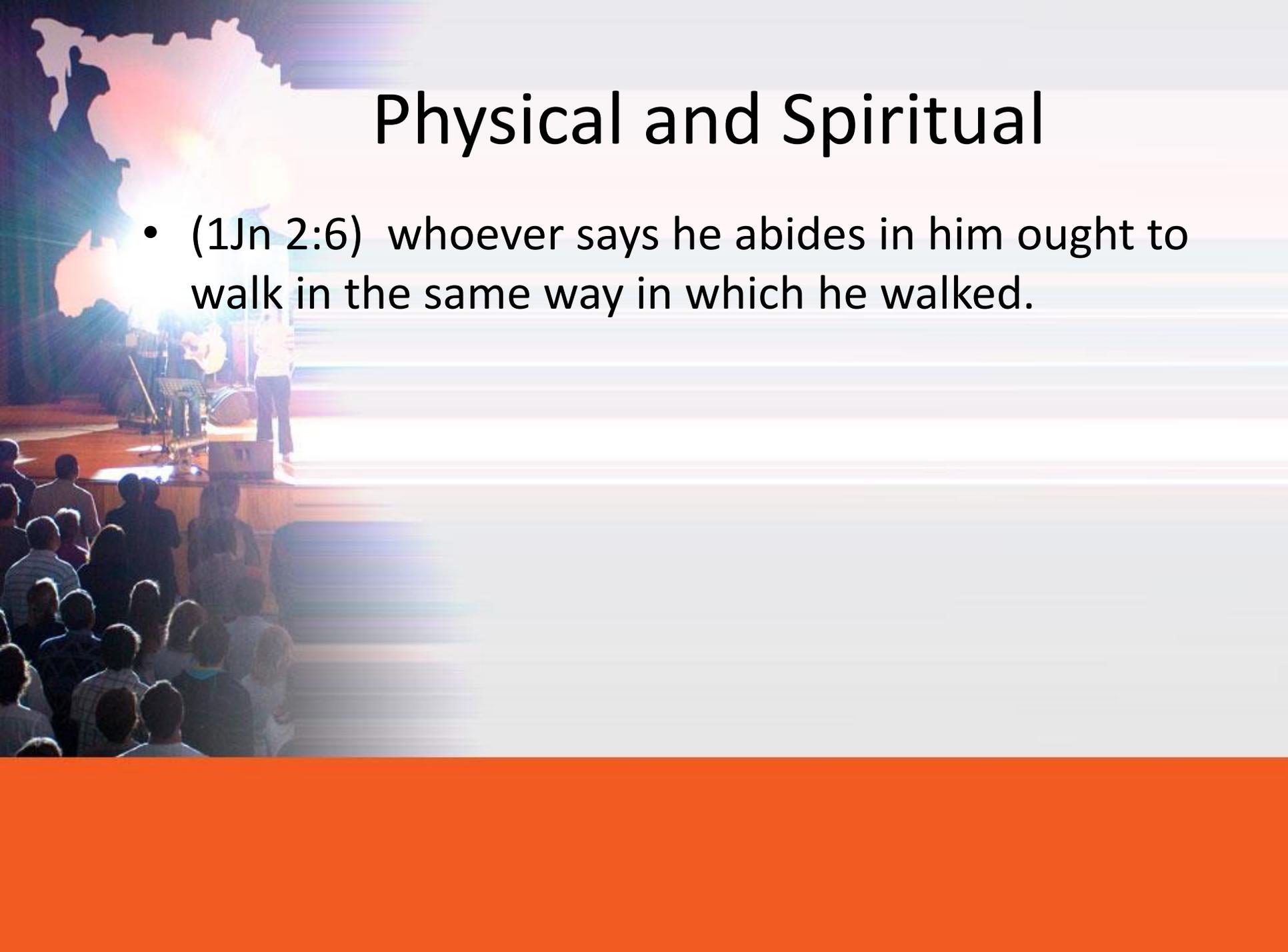
A photograph of a church service. In the foreground, the backs of several people's heads are visible as they sit in a congregation. In the background, a bright light source, possibly a window or a stage light, creates a strong glow and lens flare. The overall atmosphere is bright and spiritual.

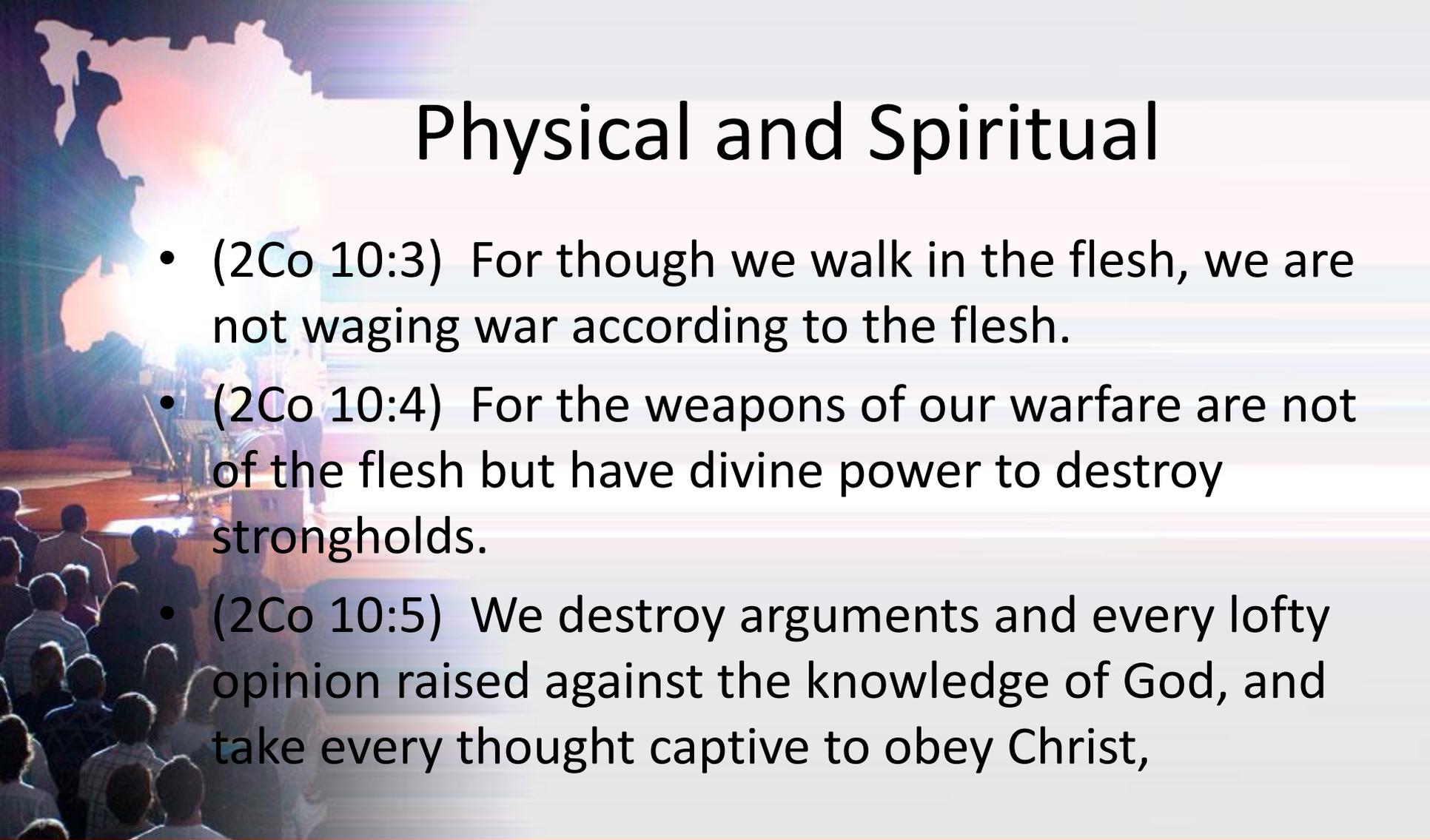
# New Testament Strongholds

- (2Co 10:3) For though we walk in the flesh, we are not waging war according to the flesh.
- (2Co 10:4) For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.
- (2Co 10:5) We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

# Physical and Spiritual

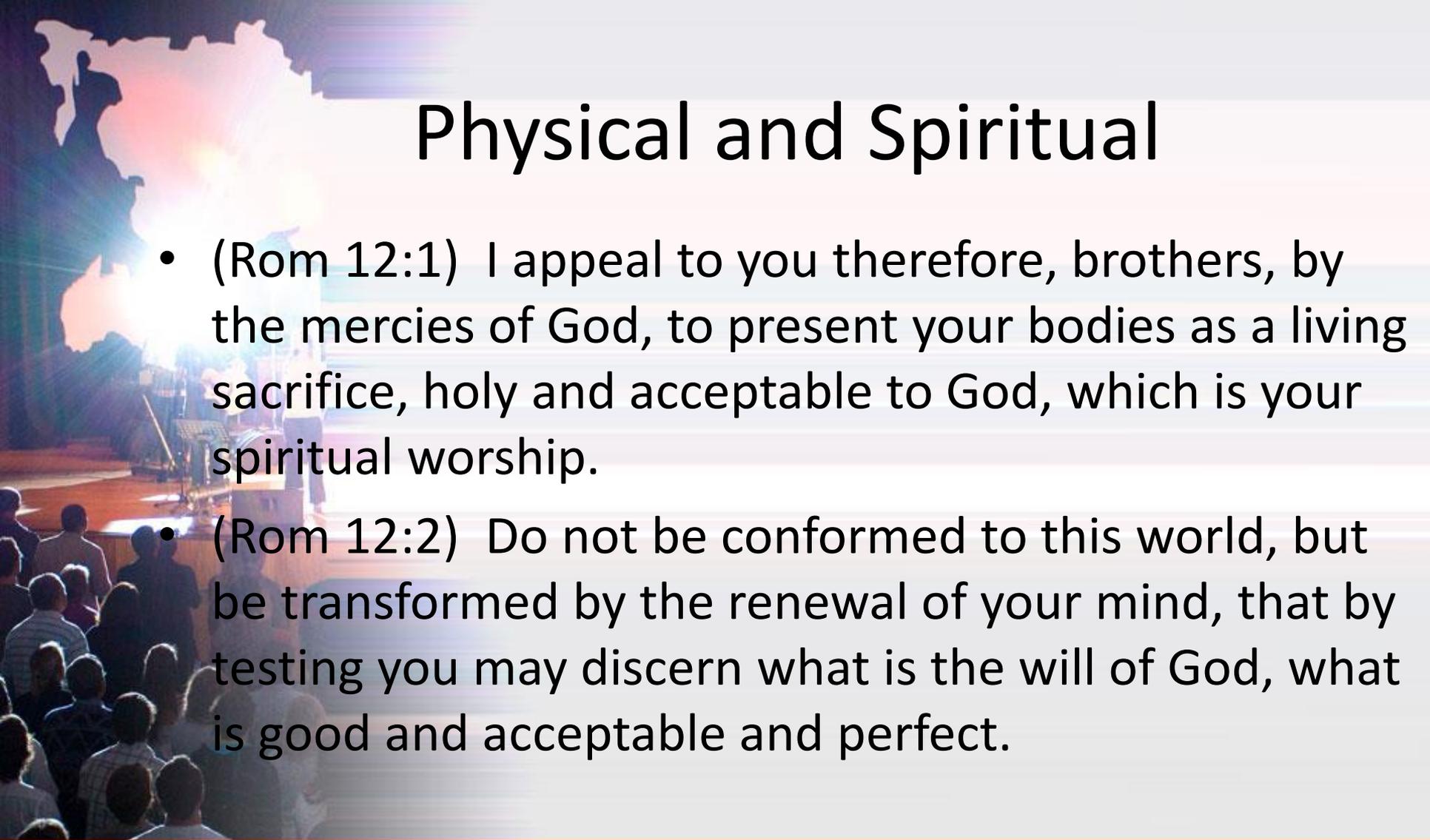
- (1Jn 2:6) whoever says he abides in him ought to walk in the same way in which he walked.





# Physical and Spiritual

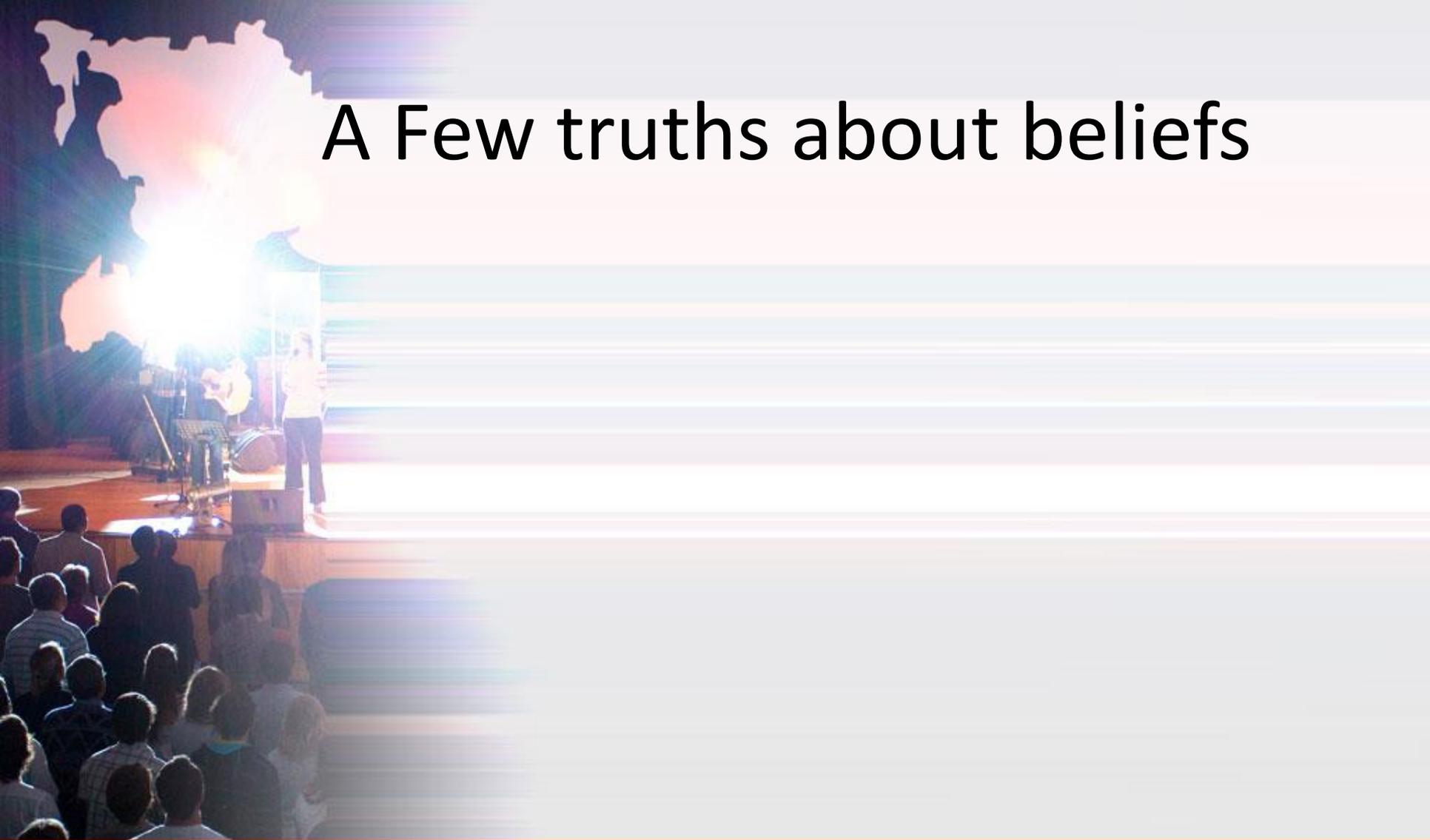
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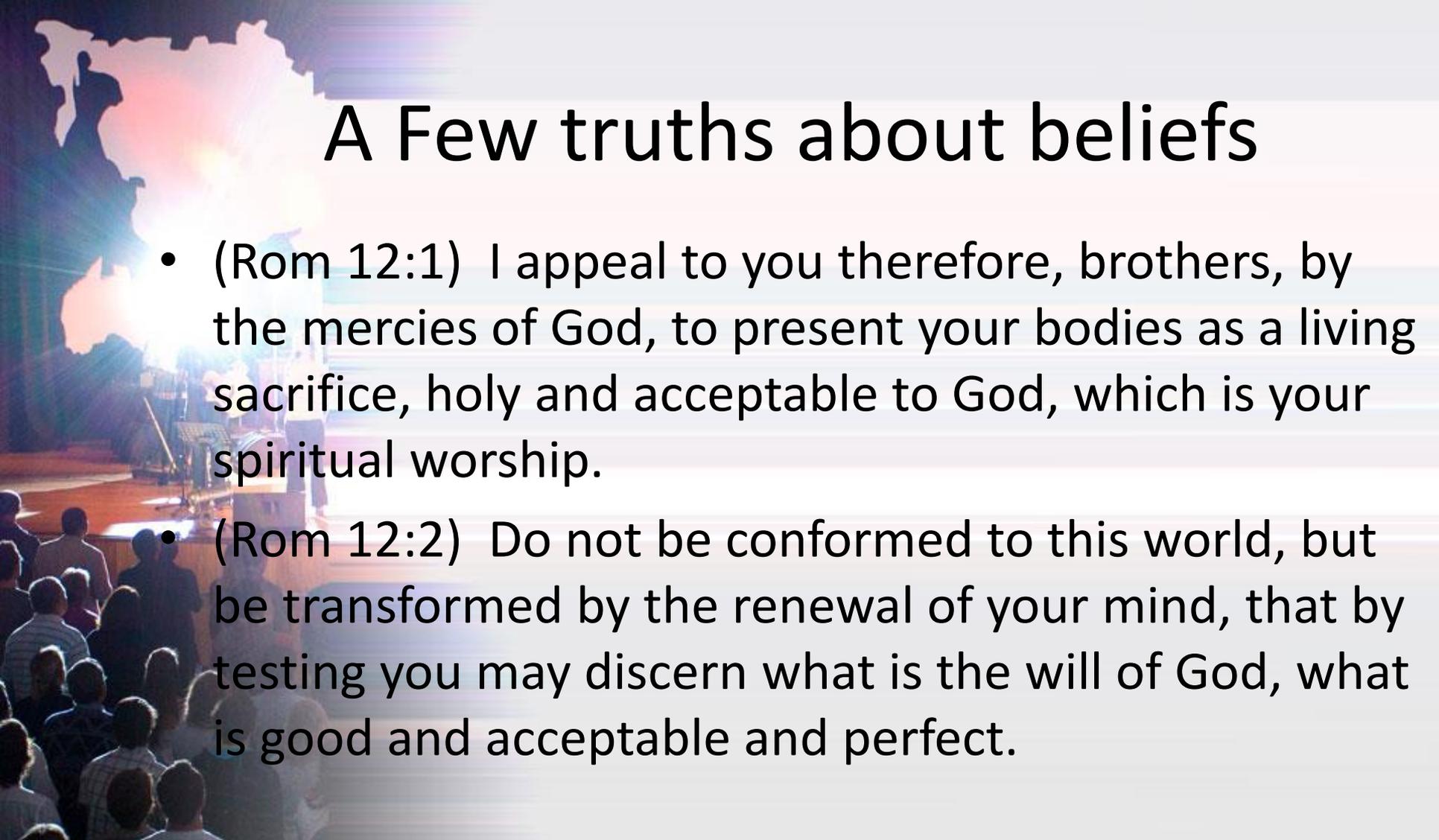
A photograph of a church service. In the foreground, the silhouettes of a congregation are visible, looking towards the front. In the background, a bright light source, possibly a window or a stage light, creates a strong glow and lens flare. The overall atmosphere is spiritual and serene.

# Physical and Spiritual

- (Rom 12:1) I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.
- (Rom 12:2) Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

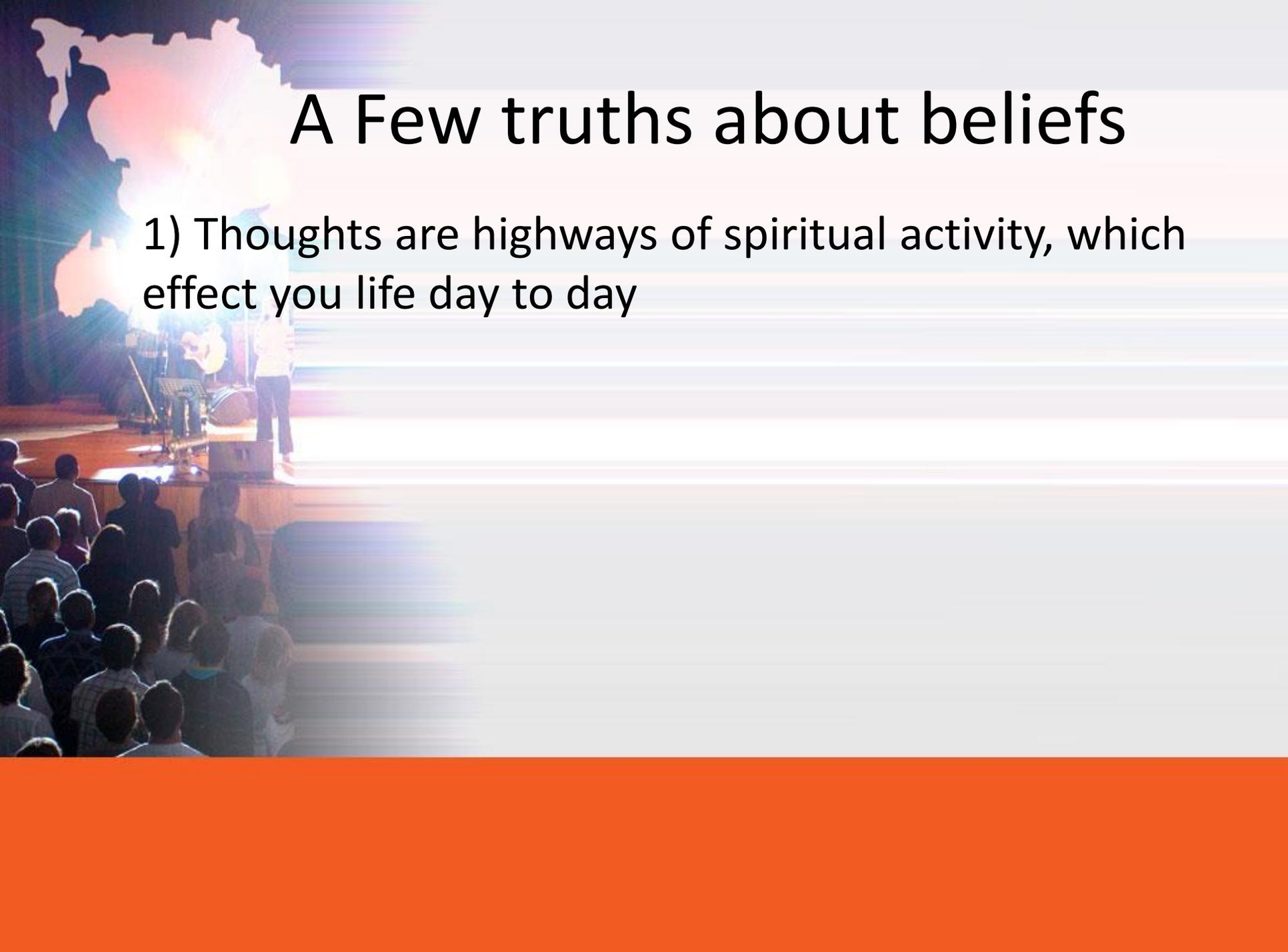
# A Few truths about beliefs



A photograph of a church service. In the foreground, the backs of several people's heads are visible as they sit in a congregation. In the background, a bright light source, possibly a window or a stage light, creates a strong glow and lens flare. The overall atmosphere is warm and spiritual.

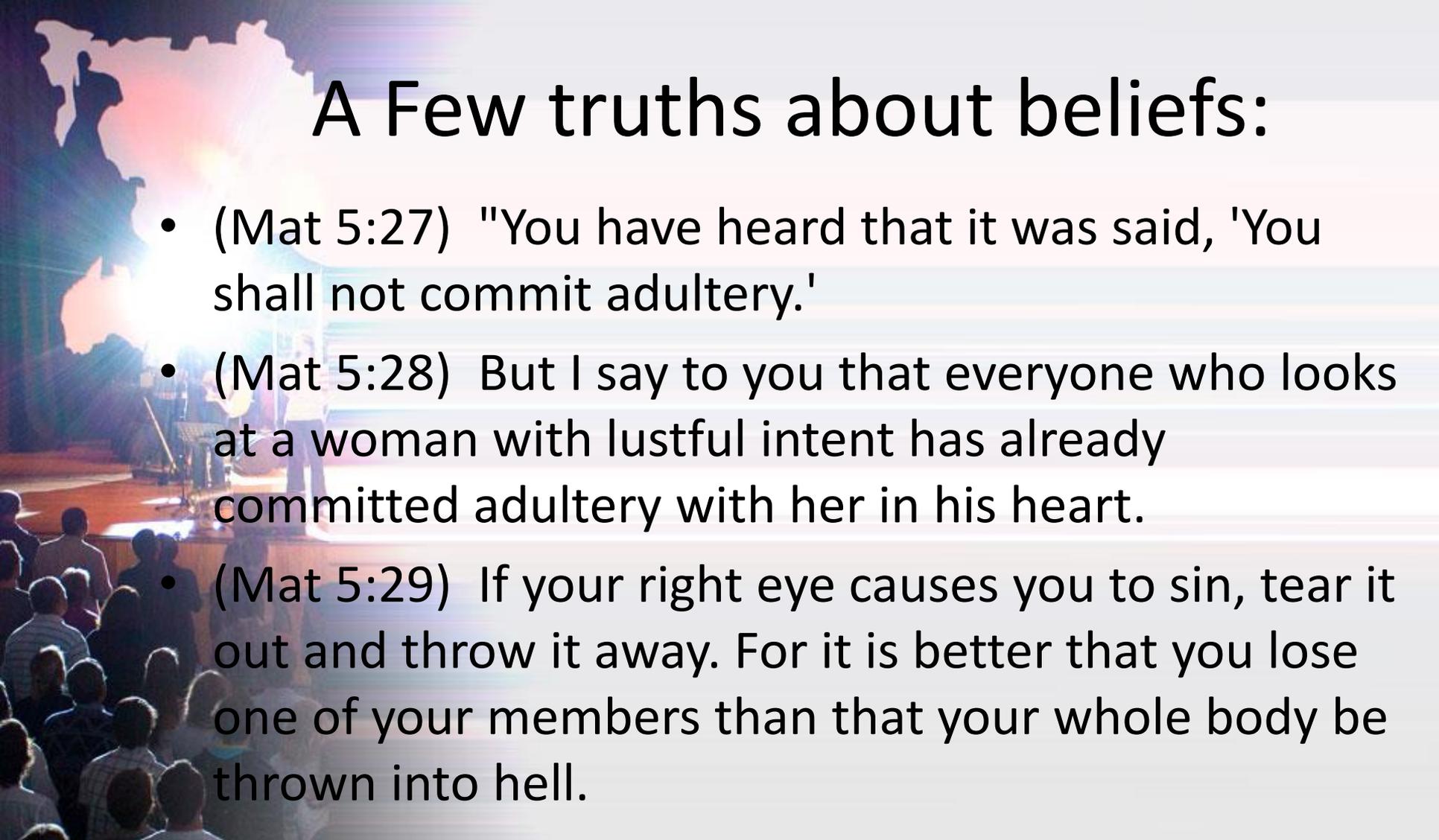
# A Few truths about beliefs

- (Rom 12:1) I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.
- (Rom 12:2) Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

A photograph of a church service. In the foreground, the backs of several people's heads are visible as they sit in a congregation. In the middle ground, a band is performing on a stage. A person in a white shirt is standing at a podium, possibly speaking or singing. The background features a large, brightly lit window or screen with a silhouette of a person, creating a dramatic, high-contrast scene with lens flare effects.

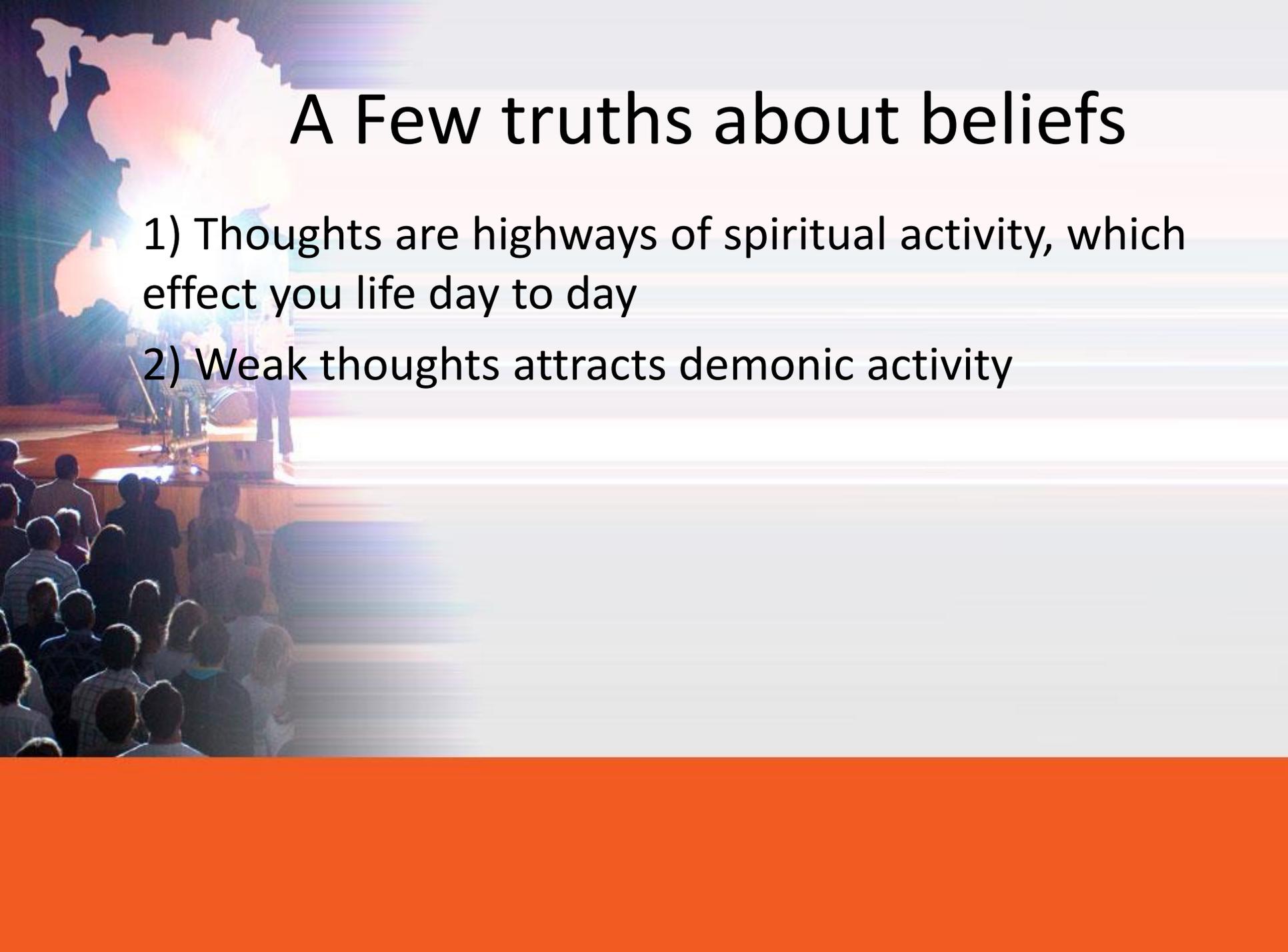
# A Few truths about beliefs

1) Thoughts are highways of spiritual activity, which effect you life day to day



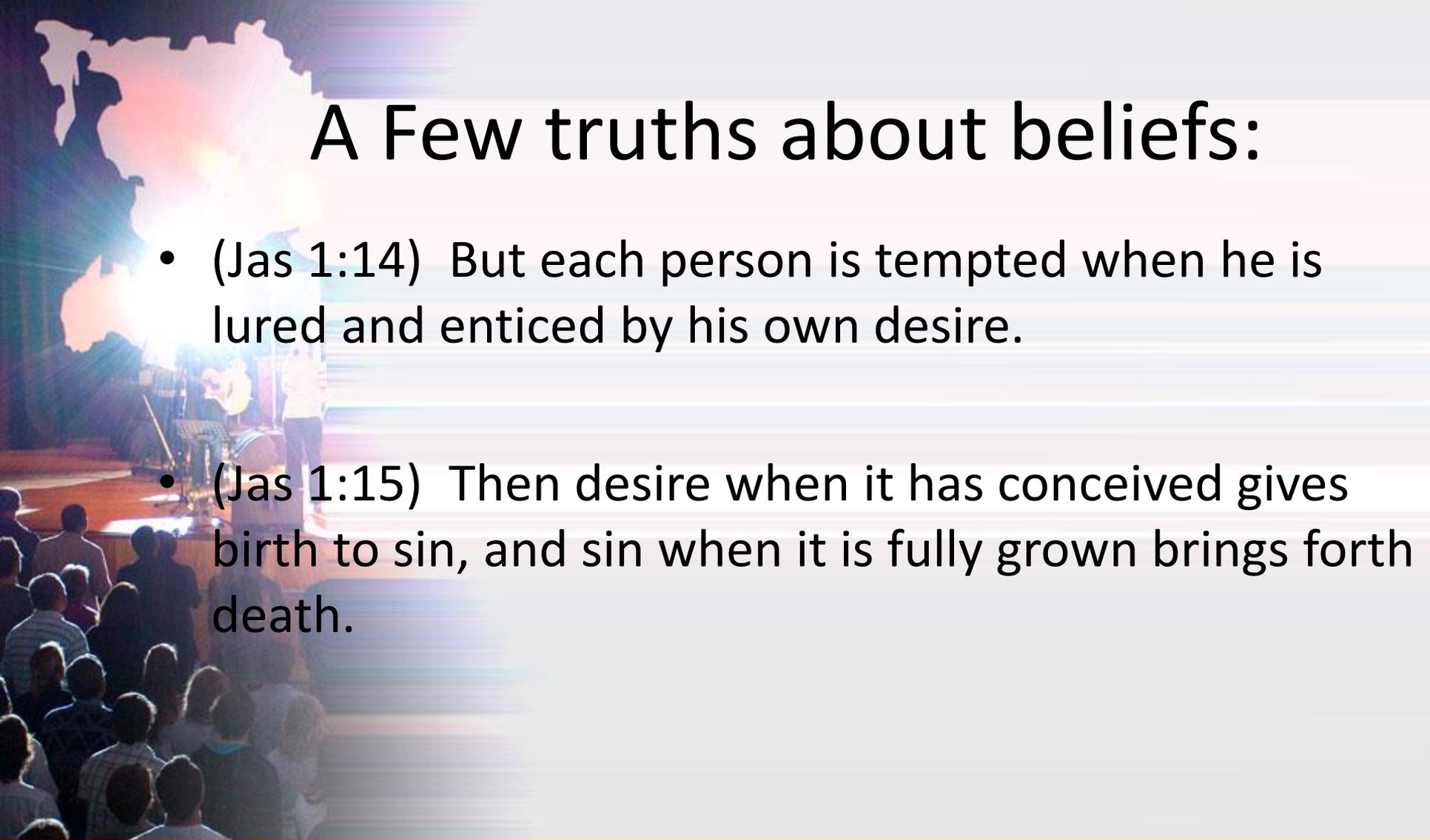
# A Few truths about beliefs:

- (Mat 5:27) "You have heard that it was said, 'You shall not commit adultery.'
- (Mat 5:28) But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.
- (Mat 5:29) If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell.

A photograph of a church service. In the foreground, the backs of many people's heads are visible as they sit in a congregation. In the background, a band is performing on a stage. A large, bright light source, possibly a window or a stage light, creates a strong lens flare and illuminates the scene. The overall atmosphere is bright and somewhat hazy.

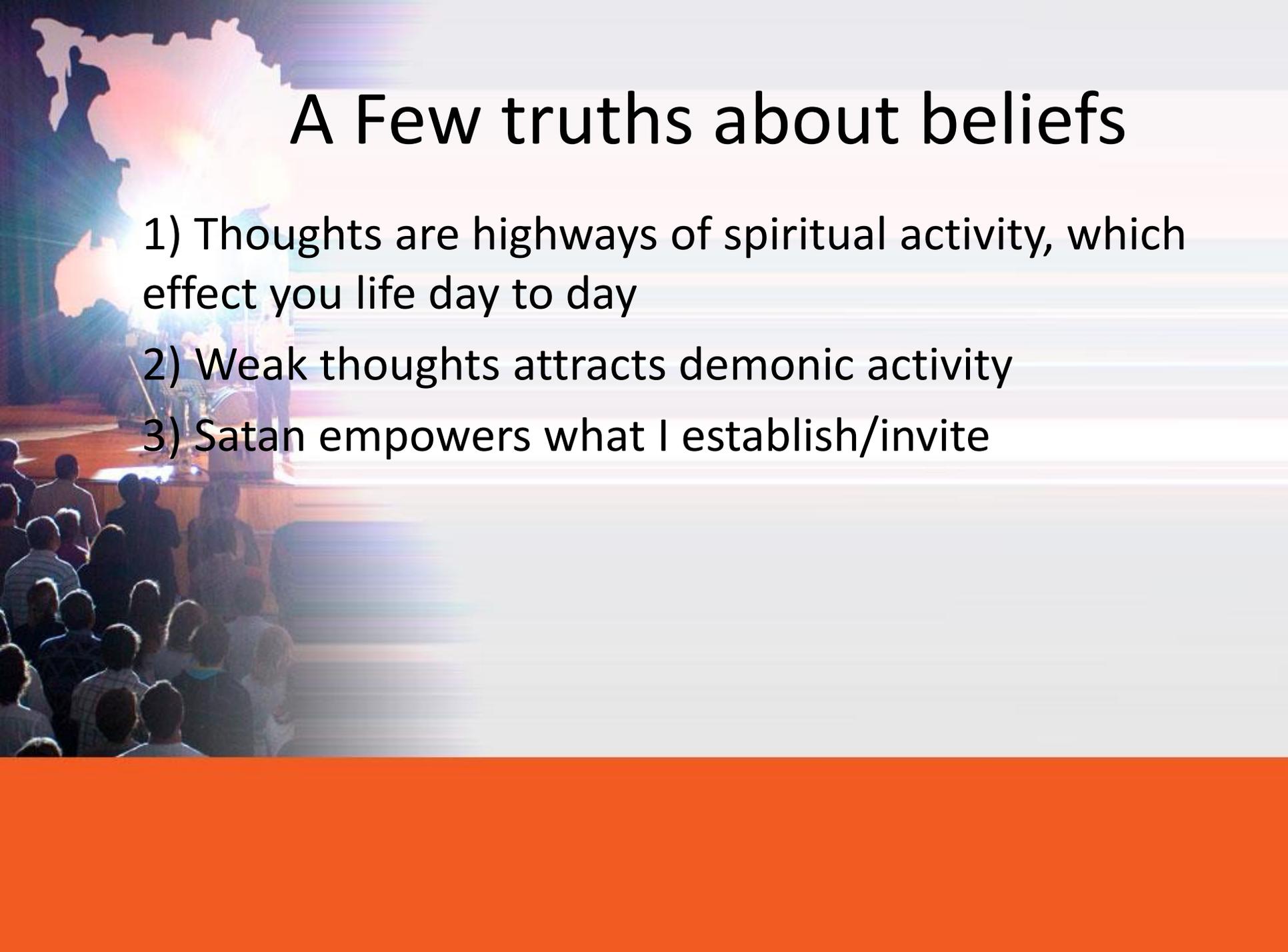
# A Few truths about beliefs

- 1) Thoughts are highways of spiritual activity, which effect you life day to day
- 2) Weak thoughts attracts demonic activity

A photograph of a church service. In the foreground, the backs of many people's heads are visible as they sit in a congregation. In the background, a band is performing on a stage. A bright light source, possibly a window or a stage light, creates a strong lens flare and illuminates the scene. The overall atmosphere is bright and somewhat hazy.

# A Few truths about beliefs:

- (Jas 1:14) But each person is tempted when he is lured and enticed by his own desire.
- (Jas 1:15) Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

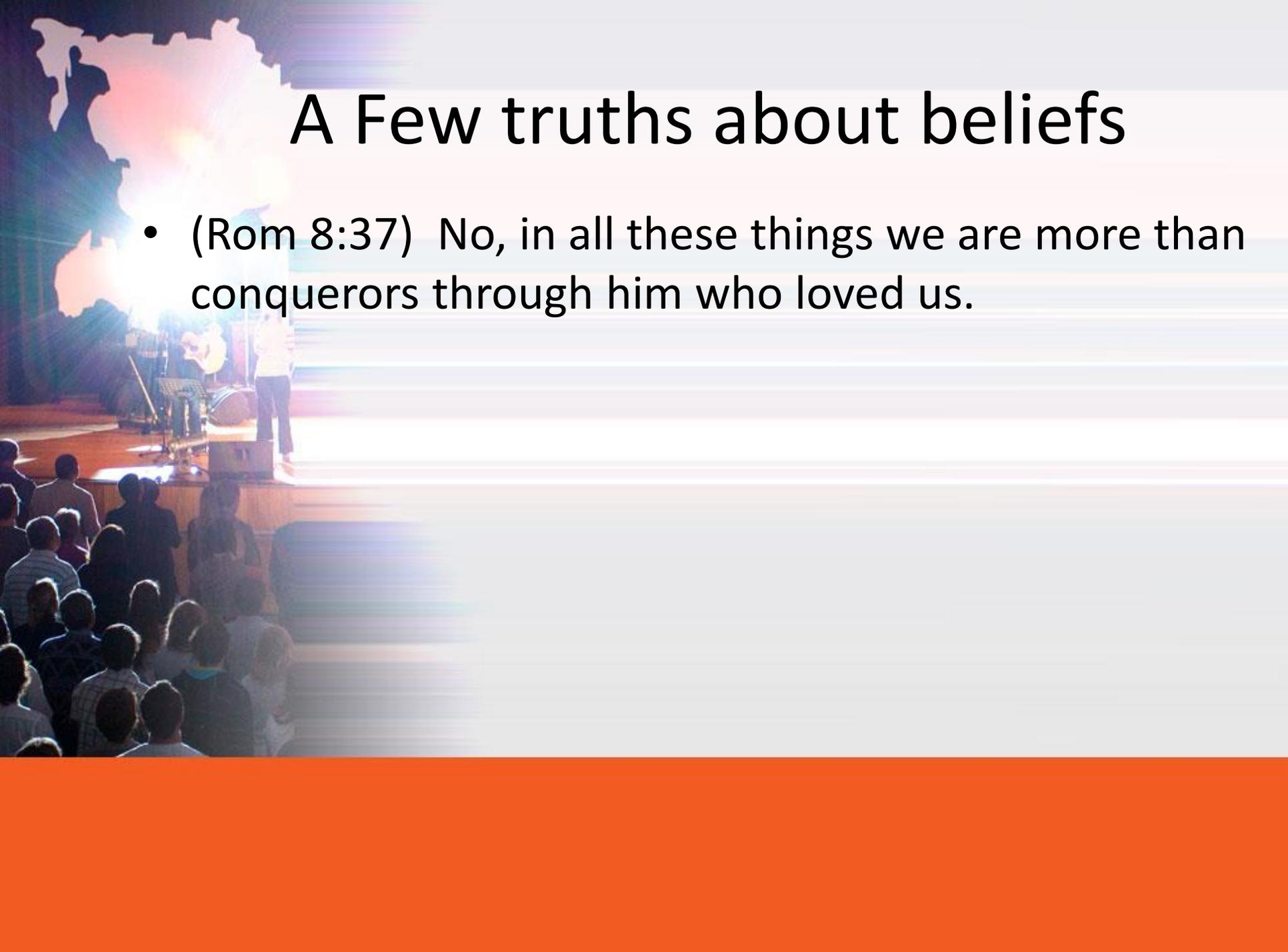
A church service is taking place. In the background, a large map of the United States is visible on the wall. A bright light source, possibly a window or a stage light, is shining from the left, creating a strong lens flare effect. The foreground shows the silhouettes of a congregation of people sitting in pews, looking towards the front of the church.

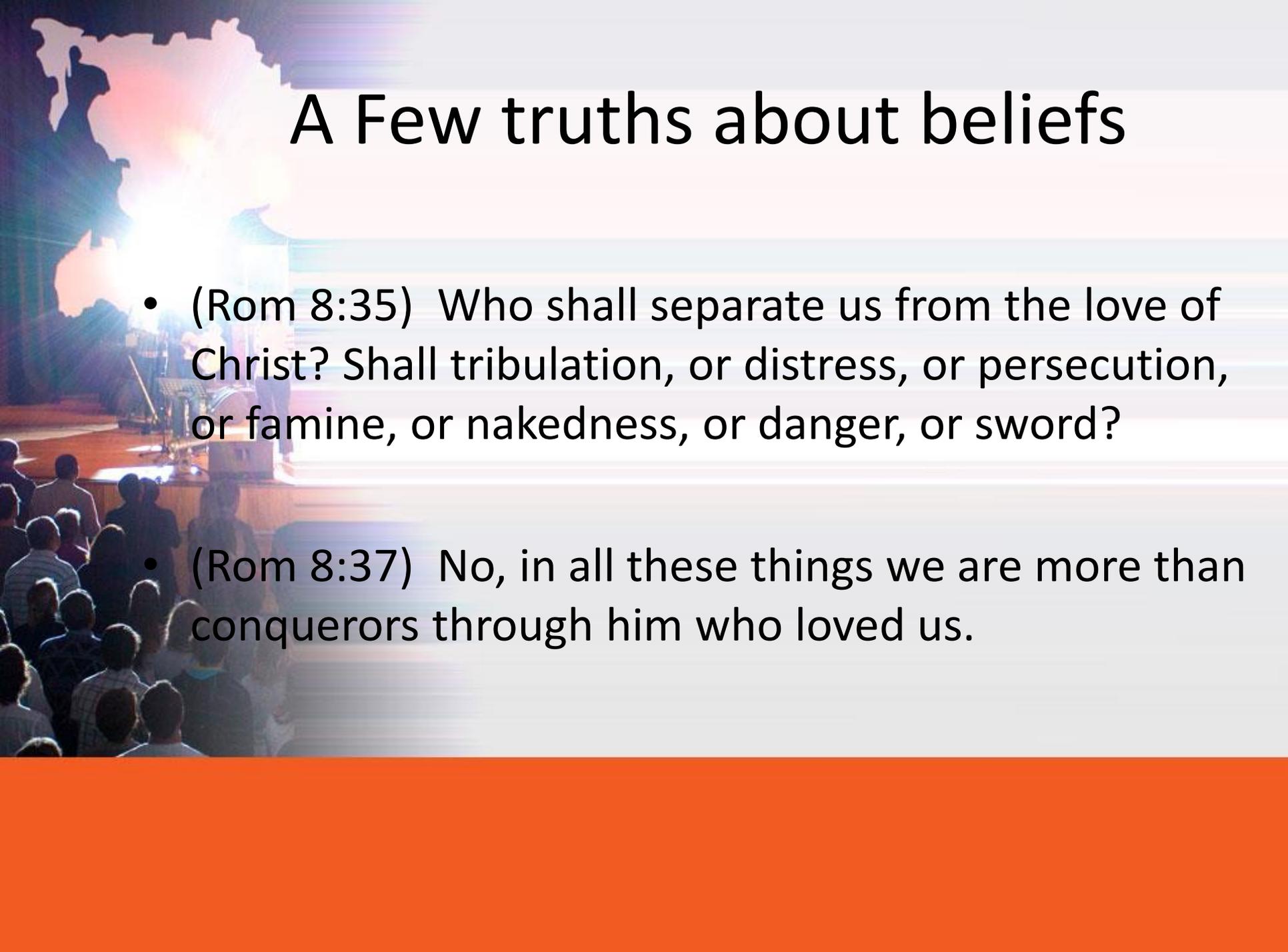
# A Few truths about beliefs

- 1) Thoughts are highways of spiritual activity, which effect you life day to day
- 2) Weak thoughts attracts demonic activity
- 3) Satan empowers what I establish/invite

# A Few truths about beliefs

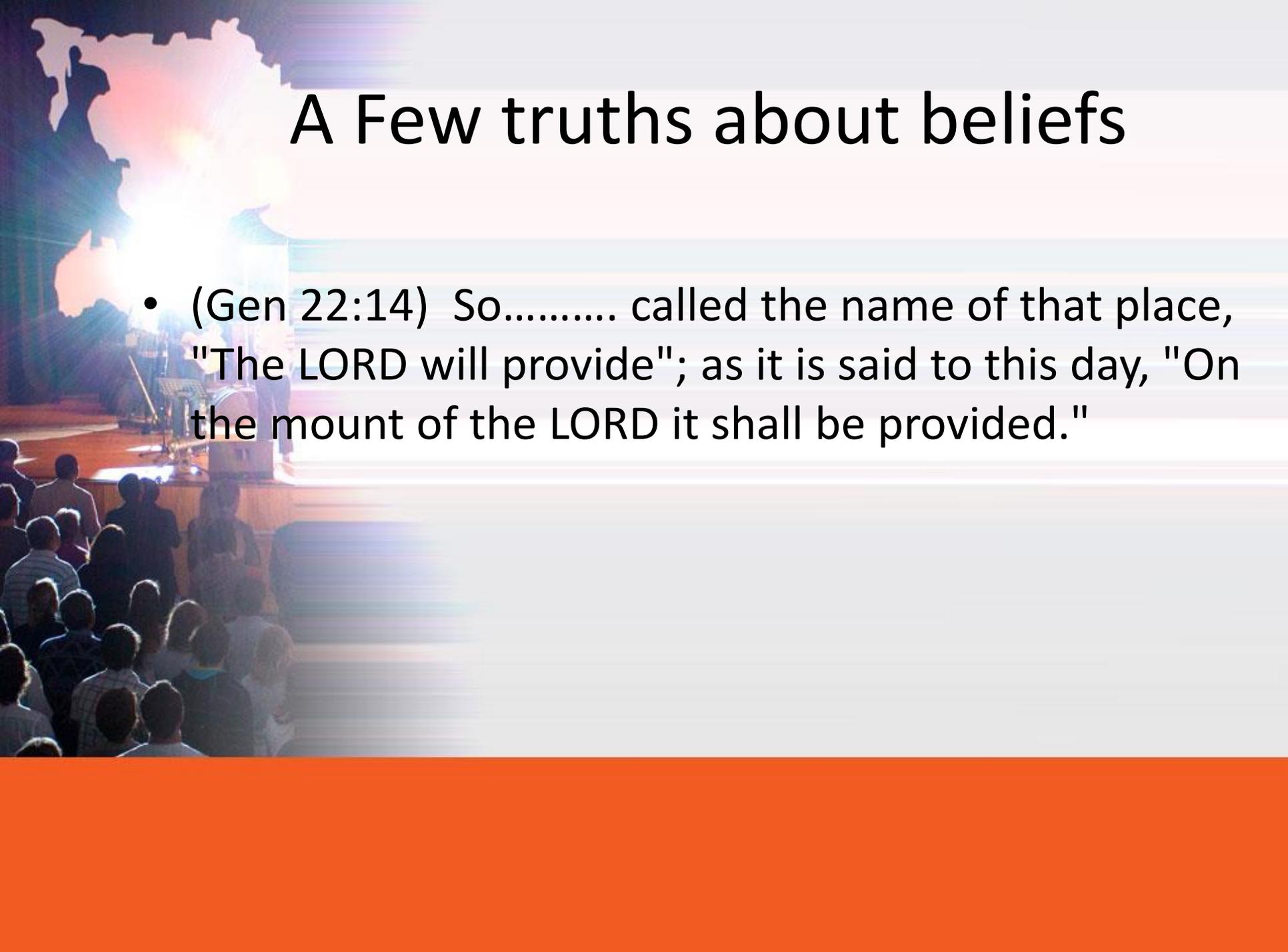
- (Rom 8:37) No, in all these things we are more than conquerors through him who loved us.



A photograph of a church service. In the foreground, the backs of several people's heads are visible as they sit in a congregation. In the background, a stage is brightly lit with a large, glowing light source, possibly a window or a stage light, creating a hazy, ethereal atmosphere. A person is visible on the stage, possibly a minister or a musician. The overall scene is one of a solemn religious gathering.

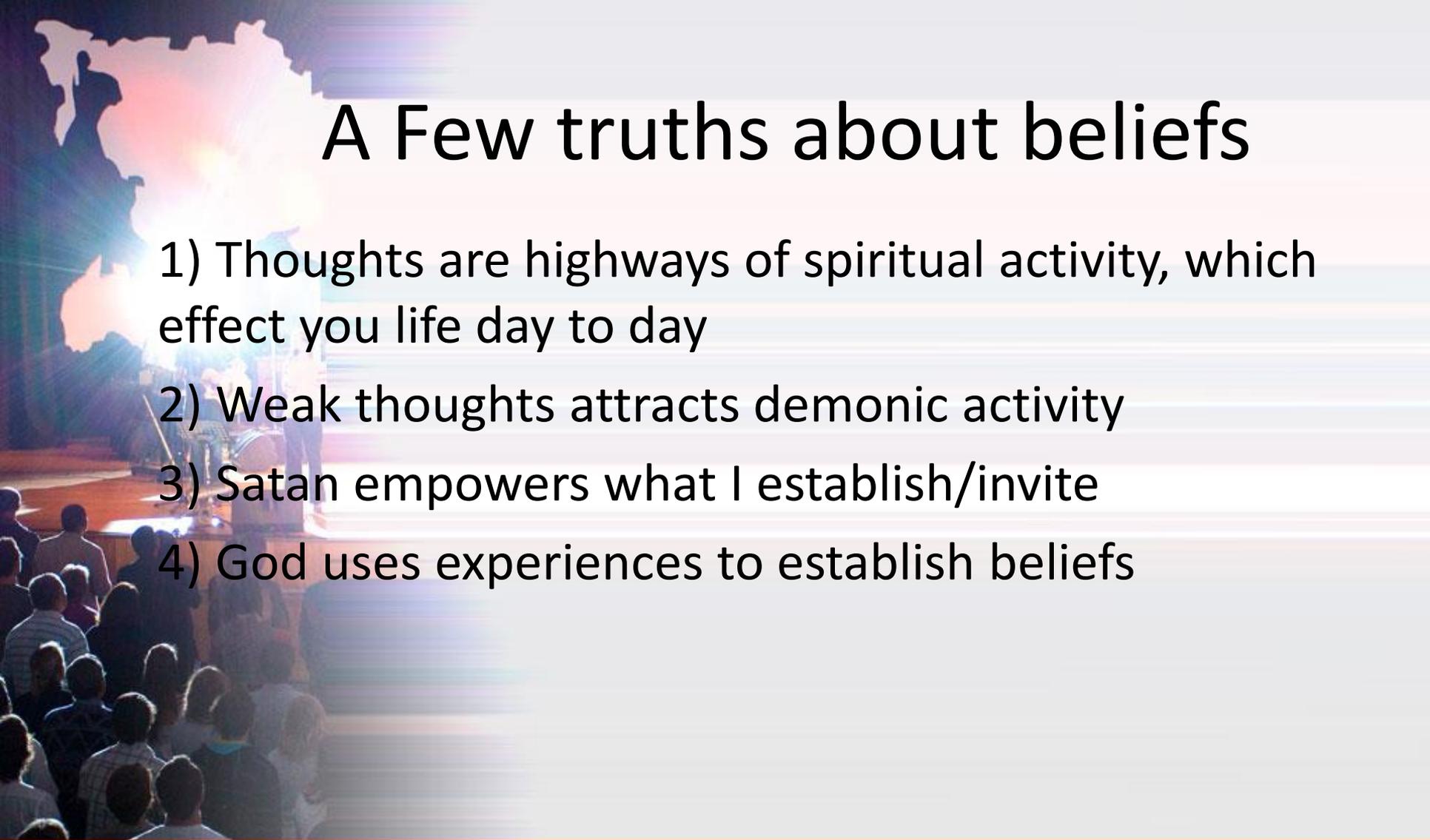
# A Few truths about beliefs

- (Rom 8:35) Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?
- (Rom 8:37) No, in all these things we are more than conquerors through him who loved us.

A photograph of a church service. In the foreground, the backs of several people's heads are visible as they sit in a congregation. In the background, a stage is lit with a very bright, central light source, possibly a chandelier or a large lamp, creating a strong lens flare and illuminating the scene. The overall atmosphere is bright and somewhat hazy due to the lighting.

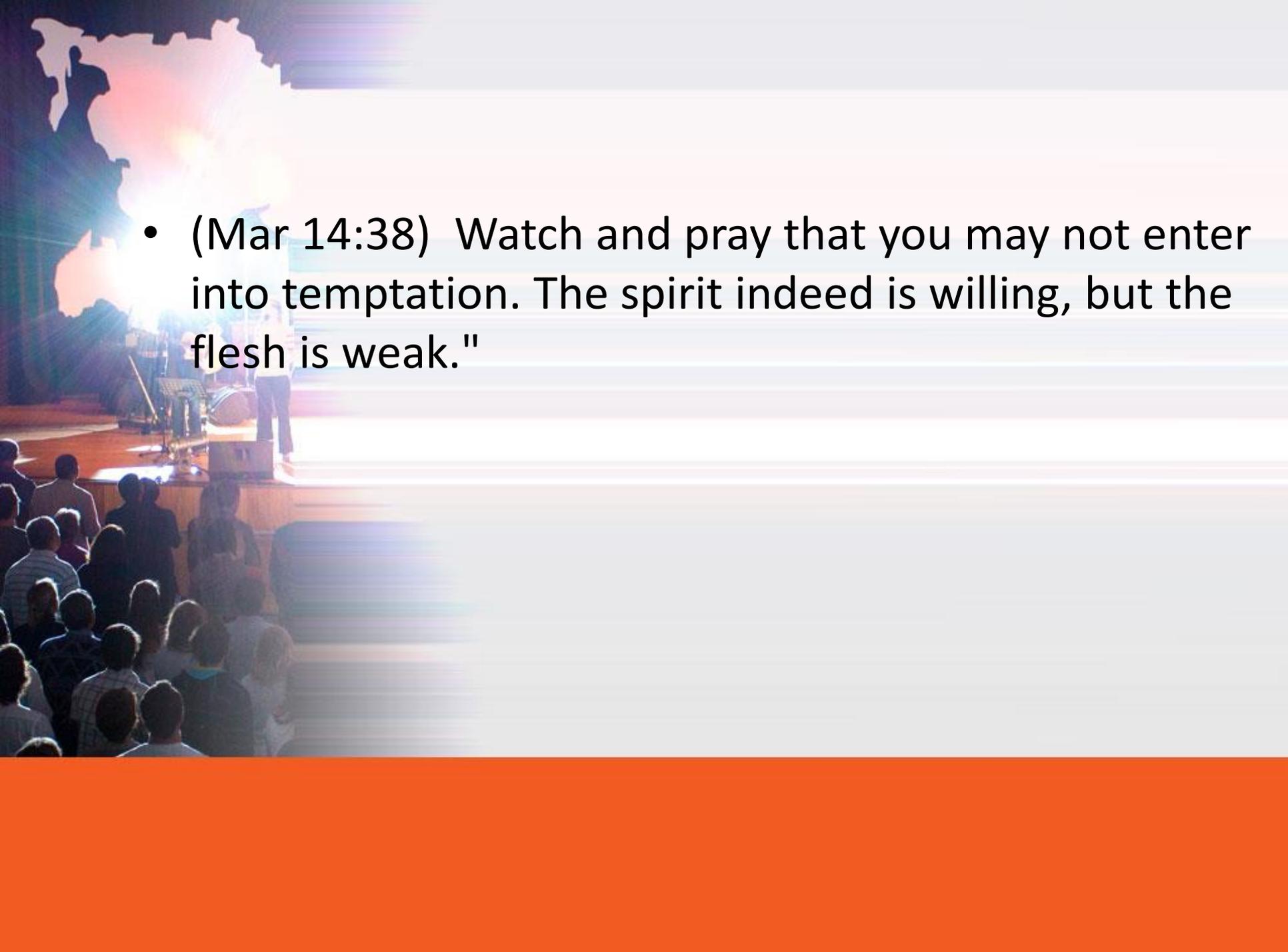
# A Few truths about beliefs

- (Gen 22:14) So..... called the name of that place, "The LORD will provide"; as it is said to this day, "On the mount of the LORD it shall be provided."



# A Few truths about beliefs

- 1) Thoughts are highways of spiritual activity, which effect you life day to day
- 2) Weak thoughts attracts demonic activity
- 3) Satan empowers what I establish/invite
- 4) God uses experiences to establish beliefs

- 
- A photograph of a church service. In the foreground, the backs of several people's heads are visible as they sit in a congregation. In the middle ground, a band is performing on a stage. A person in a white shirt is standing at a podium, possibly a pastor or a band leader. The stage is lit with bright, warm lights, creating a hazy atmosphere. The background features a large, dark silhouette of a person, possibly a religious figure, against a bright light source. The overall scene is a typical church service.
- (Mar 14:38) Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."